

# **The Great Body Shop**

**Focus Age Group:** K-6<sup>th</sup>

**Number of Lessons:**

10 units with four lessons in each unit

**Cost:**

\$45.00-Teacher's Guide (per teacher)

\$5.50-Student Issues

**Meets the Following State Standards:**

See Attached Sheet

**Objectives of Curriculum:**

The program is a comprehensive health, substance abuse, and violence prevention curriculum emphasizing the developmental assets, protective factors, responsibility, reasoned decision-making, and promotes a strong self-image.

**Curriculum Contents:**

- Teacher's Guide
- Student Issues
- Parent Bulletin

**Contact Information:**

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# Maricopa County Tobacco Use Prevention Program

State of Arizona Content Standards

## The Great Body Shop (Grade 5)

### Comprehensive Health Content Area

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
First Aid Facts; Lesson 4: "Taking Precautions"	Comprehensive Health	<p>Standard #1: Students comprehend concepts related to health promotion and disease prevention.</p> <p>Standard #3: Students demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p>Standard #6: Students demonstrate the ability to use goal setting and decision-making skills to enhance</p>	<p>Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs).</p> <p>Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations.</p>

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		health.	Explain how decisions regarding health behaviors have consequences for self and others.
<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
Brainstorms! The Central Nervous System; Lesson 4; "Injuries and Disorders"	Comprehensive Health	Standard #1: See above Standard #5: Students demonstrate the ability to use interpersonal skills to enhance health.	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations. Demonstrate strategies to manage conflict in healthy ways.
Love Your Lungs; Lesson 3: "Smoking and Your Lungs"	Comprehensive Health	Standard #1: See above Standard #7: Students demonstrate the ability to advocate for personal, family and community health.	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making. Present information about health issues.

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
Those Crazy, Mixed-Up Emotions; Lesson 1: "Your Emotions and Your Body"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #5: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Demonstrate strategies to manage stress. Demonstrate strategies to manage conflict in healthy ways.
Growing Up; Lesson 1 "Hormones and the Body"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #7: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Describe the interrelationship of mental, emotional, social and physical health during adolescence. Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Explain the importance of assuming responsibility for personal health behaviors. Present information about health issues.

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
Growing Up; Lesson 2: "Growing Up Male and Female"	Comprehensive Health	Standard #1: See above Standard #3: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Describe the interrelationship of mental, emotional, social and physical health during adolescence. Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs).
Growing Up; Lesson 4: "Growing Up with a Healthy Attitude"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #4: Students analyze the influence of culture, media, technology and other factors on health. Standard #7: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Describe how family and peers influence the health of adolescence. Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Analyze the influence of technology on personal and family health. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
About Blood and AIDS; Lesson 1: "Your Circulatory System"	Comprehensive Health	Standard #1: See above Standard #6: See above	<p>Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.</p> <p>Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p>
Bones and Muscles: Lesson 1: "Bones"	Comprehensive Health	Standard #1: See above Standard #6: See above	<p>Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death.</p> <p>Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p>

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<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
Bones and Muscles: Lesson 3 "Physical Activity and the Environment"	Comprehensive Health	Standard #1: See above Standard #6: See above	Explain the relationship between positive health behaviors and health care and the prevention of injury, illness, disease, disability and premature death. Explain how environmental health and personal health are interrelated. Describe ways to reduce risks related to adolescent health problems. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Explain how decisions regarding health behaviors have consequences for self and others.
Growing Up: Homework 2: "How We Are Alike"	Comprehensive Health	Standard #1: See above	Describe the interrelationship of mental, emotional, social and physical health during adolescence.
Growing Up; Activity 9: "Create a Skit"	Comprehensive Health	Standard #1: See above	Describe the interrelationship of mental, emotional, social and physical health during adolescence.
Brainstorms! The Central Nervous System; Lesson 1: "The Amazing Brain"	Comprehensive Health	Standard #1: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.
Brainstorms! The Central Nervous System; Lesson 2: "Sending Signals"	Comprehensive Health	Standard #1: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.

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Brainstorms! The Central Nervous System; Lesson 3: "Drugs and the Damage They Do"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #5: See above Standard #7: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Explain the importance of assuming responsibility for personal health behaviors. Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations. Identify the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health. Identify barriers to effective communication of information about health issues.
Love Your Lungs; Lesson 1: "The Respiratory System"	Comprehensive Health	Standard #1: See above Standard #4: See above	Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle. Analyze the influence of technology on personal and family health.



Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
About Blood and AIDS: Lesson 2: "Your Blood and Your Immune System"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #7: See above	<p>Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.</p> <p>Present information about health issues.</p>
Bones and Muscles; Lesson 2: "Muscles"	Comprehensive Health	Standard #1: See above Standard #6: See above	<p>Explain how health, growth and development are influenced by the interaction of body systems, genetics, environment and lifestyle.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p>

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
You Are What You Eat; Lesson 2: "Life Cycle and Nutrition"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #4: See above Standard #6: See above Standard #7: See above	<p>Describe how family and peers influence the health of adolescence.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain how basic nutrients are utilized by the body and the relationship of a balanced diet with essential nutrients to appropriate weight, appearance and wellness.</p> <p>Identify strengths of, and risks to, one's personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both.</p> <p>Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences.</p> <p>Describe how personal health goals are influenced by information, abilities, priorities and responsibilities.</p> <p>Develop a plan that addresses personal strengths, needs and health risks, and apply strategies and skills needed to attain personal health goals.</p> <p>Present information about health issues.</p>

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
Love Your Lungs; Lesson 2: "Community Health and Diseases of the Respiratory System"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #6: See above	<p>Explain how environmental health and personal health are interrelated.</p> <p>Describe ways to reduce risks related to adolescent health problems.</p> <p>Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems.</p> <p>Explain the importance of assuming responsibility for personal health behaviors.</p> <p>Explain how decisions regarding health behaviors have consequences for self and others.</p>

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
Love Your Lungs; Lesson 4: "Pollution in the Community"	Comprehensive Health	Standard #1: See above Standard #2: Students demonstrate the ability to access accurate health information. Standard #6: See above Standard #7: See above	Explain how environmental health and personal health are interrelated. Describe ways to reduce risks related to adolescent health problems. Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Obtain and utilize accurate health resources from home, school and community. Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Explain how decisions regarding health behaviors have consequences for self and others. Demonstrate the ability to support others in making positive health choices. Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools.
Those Crazy, Mixed-Up Emotions; Lesson 3: "Troubled Times"	Comprehensive Health	Standard #1: See above Standard #2: See above	Explain how environmental health and personal health are interrelated. Identify emergency preparedness and emergency resources (e.g., first aid, CPR).

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
You Are What You Eat; Lesson 1: "Beyond Basics"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #6: See above Standard #7: See above	Describe ways to reduce risks related to adolescent health problems. Explain how basic nutrients are utilized by the body and the relationship of a balanced diet and essential nutrients to appropriate weight, appearance and wellness. Explain the importance of assuming responsibility for personal health behaviors. Explain how decisions regarding health behaviors have consequences for self and others. Develop a plan that addresses personal strengths, needs and health risks, and apply strategies and skills needed to attain personal health goals. Demonstrate the ability to support others in making positive health choices.

Curriculum Lesson	Standard Content Area	Standard Description & Number	Objective of Lesson/Performance Objective
You Are What You Eat; Lesson 4: "Making a Difference"	Comprehensive Health	Standard #1: See above Standard #2: See above Standard #3: See above Standard #4: See above Standard #6: See above	Describe ways to reduce risks related to adolescent health problems. Obtain and utilize accurate health resources from home, school and community. Explain the importance of assuming responsibility for personal health behaviors. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Explain how decisions regarding health behaviors have consequences for self and others.
Bones and Muscles; Lesson 4: "What Makes a Body Great"	Comprehensive Health	Standard #1: See above Standard #3: See above Standard #5: See above	Describe how lifestyle and family history are related to the cause and prevention of disease and other health problems. Identify strengths of, and risks to, one's personal and family health (e.g., heart disease, diabetes, high blood pressure) and implement strategies to improve or maintain both. Identify the causes of conflict among youth in schools and communities and demonstrate refusal and negotiation skills to enhance health.

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
About Blood and AIDS: Lesson 4: "Helping Hands"	Comprehensive Health	Standard #2: See above Standard #5: See above Standard #7: See above	Obtain and utilize accurate health resources from home, school and community. Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Demonstrate ways to communicate care, consideration and the respect of self and others. Present information about health issues.
Danger Ahead: The Truth About Drugs; Lesson 3: "Drugs and Advertising"	Comprehensive Health	Standard #2: See above Standard #4: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics). Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Analyze the influence of technology on personal and family health.
Danger Ahead: The Truth About Drugs; Homework 3 "Ad Search"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
Danger Ahead: The Truth About Drugs; Activities 13: "Positive Peer Pressure Role Play"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).

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Danger Ahead: The Truth About Drugs; Activity 14: "The No-Smoking, No Drinking, No-Using Drugs Song"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
Danger Ahead: The Truth About Drugs; Activity 15: "Writing A Letter"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
Danger Ahead: The Truth About Drugs; Activity 16: "Talking Back!"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
Danger Ahead: The Truth About Drugs; Activity 17: "Truth and Advertising"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).
All The Right Stuff; Homework 1: "What Do You Think?"	Comprehensive Health	Standard #2: See above	Describe how media influences the selection of health information and products (e.g., exercise equipment, cosmetics).



<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
All The Right Stuff; Lesson 1: "Don't Be Fooled By Advertising"	Comprehensive Health	Standard #2: See above Standard #3: See above Standard #4: See above Standard #7: See above	Compare the costs and effectiveness of health products. Explain the importance of assuming responsibility for personal health behaviors. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Analyze the influence of technology on personal and family health. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.
All The Right Stuff; Lesson 2: "Be a Smart Consumer"	Comprehensive Health	Standard #2: See above Standard #4: See above	Compare the costs and effectiveness of health products. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences.

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
First Aid Facts; Lesson 1: "First Aid—What, Who, When"	Comprehensive Health	Standard #2: See above Standard #3: See above Standard #6: See above	Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Perform basic safety, first-aid and life-saving techniques. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
First Aid Facts; Lesson 2: "First Aid That You Can Do"	Comprehensive Health	Standard #2: See above Standard #3: See above	Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Explain the importance of assuming responsibility for personal health behaviors. Perform basic safety, first-aid and life-saving techniques.
First Aid Facts; Lesson 3: "Your Community and How to Call for Help"	Comprehensive Health	Standard #2: See above Standard #6: See above Standard #7: See above	Identify emergency preparedness and emergency resources (e.g., first aid, CPR). Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively. Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools.
Danger Ahead: The Truth About Drugs; Lesson 2: "Drug Abuse and the Family"	Comprehensive Health	Standard #2: See above	Identify emergency preparedness and emergency resources (e.g., first aid, CPR).

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Those Crazy, Mixed-Up Emotions; Lesson 2: "Your Emotions and Your Life"	Comprehensive Health	Standard #3: See above Standard #5: See above Standard #6: See above	Explain the importance of assuming responsibility for personal health behaviors. Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations. Demonstrate strategies to manage stress. Demonstrate strategies to manage conflict in healthy ways. Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
Those Crazy, Mixed-Up Emotions; Lesson 4: "Send the Message: My Body Is Private"	Comprehensive Health	Standard #3: See above Standard #7: See above	Distinguish between responsible and risky/harmful behaviors (e.g., responsible: exercise, sleep, nutrition; risky: the use of tobacco, alcohol and other drugs). Develop injury prevention and management strategies for personal and family ways to avoid and reduce threatening situations. Present information about health issues.
Growing Up; Lesson 3 "Good Hygiene and Feeling Good About the Way You Look"	Comprehensive Health	Standard #4: See above Standard #7: See above	Describe health behaviors and the use of health services in different cultures and explain the factors responsible for the differences. Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making.

<b>Curriculum Lesson</b>	<b>Standard Content Area</b>	<b>Standard Description &amp; Number</b>	<b>Objective of Lesson/Performance Objective</b>
All The Right Stuff; Lesson 4: "Managing Your Own Money"	Comprehensive Health	Standard #6: See above	Apply a sound decision-making process that includes an examination of alternatives and consequences and determines a course of action to resolve health issues and problems individually or collaboratively.
Danger Ahead: The Truth About Drugs; Lesson 3: "Choose to Be Drug Free"	Comprehensive Health	Standard #7: See above	Research various media for language, subject matter and visual techniques used to influence health-related information and decision-making. Present information about health issues.
You Are What You Eat; Lesson 3: "What Can Go Wrong"	Comprehensive Health	Standard #7: See above	Demonstrate the ability to work cooperatively when advocating for healthy individuals, families and schools.